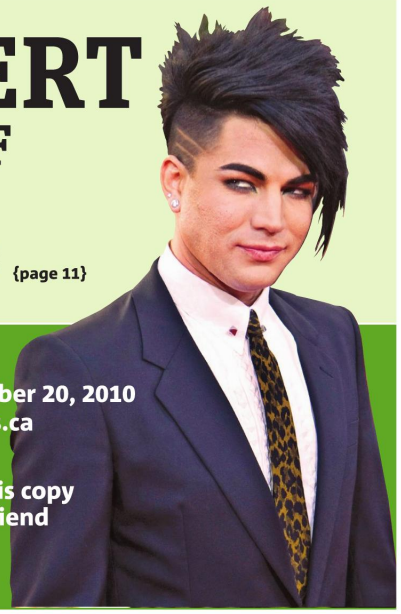
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HEADING BACK HOME AT AGE 27
AUTHOR RETURNS TO THE NEST {page 12}



LAMBERT ACCUSED OF ATTACKING PAPARAZZO {page 11}



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Gun registry drama to take over the Hill

MPs head back to work today on Parliament Hill ◐ Promises to restore decorum in Commons expected to last the duration of the first daily question period

The House of Commons has long been seized by mock outrage and dreary debate. Its return this week promises a rare moment of high drama.

Prime Minister Stephen Harper's Conservatives will likely learn Wednesday whether their 15-year-long quest to scrap the long-gun registry comes to fruition during a vote that has split the country along a jagged rural-urban divide and shaken the unity of the Liberal and New Democratic parties.

Liberal Leader Michael Ignatieff will compel his caucus to vote to save the registry. His NDP counterpart, Jack Layton, saw 12 of his MPs — about a third of his caucus — ignore his entreaties and vote with the Conservatives.

Layton says he has persuaded enough of his MPs to change their vote and thwart the Tories. But the vote will be so close, and for some rural opposition MPs the stakes will be so high, no one can predict the result with any certainty until the yeas and nays are tallied. THE CANADIAN PRESS

Stoffer speaks

- **NDP MP Peter Stoffer** of Sackville-Eastern Shore will announce at a 9 a.m. press conference today how he'll vote on the long-gun registry bill.



▶ Runners are reflected in a puddle as they take part in the 30th annual Terry Fox Run at Point Pleasant Park yesterday. Story, page 3.

RYAN TAPLIN/METRO HALIFAX

Terry Fox Run draws a crowd despite wet weather

Education

Universities feeling the squeeze

◐ Report suggests higher tuition to keep N.S. universities afloat ◐ Schools facing dual stresses of lower enrolment, funding cutbacks {page 4}

Brandy gets her groove on



Nerves rising as 11th season of Dancing With the Stars looms {page 10}

Huskies face offensive trouble

Loss to Laval drops team's record to 0-2 {page 17}

Feds muzzling scientists

Newly tightened rules conflict with openness policy {page 6}

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New locale, same mission

More than 100 people took part in 30th annual Terry Fox Run at Point Pleasant Park • Runs celebrating Marathon of Hope held across country

RYAN TAPLIN/METRO HALIFAX



▶ Participants in the 30th annual Terry Fox Run jog down a path in Point Pleasant Park yesterday.



JENNIFER TAPLIN
@METRONEWS.CA

Cancer more than touched Melanie Keats's life — it applied a sledgehammer.

Her brother died of leukemia at the age of four, and she was diagnosed with two different types of cancer while still in her teens.

"My family was incredible and very important, but for me it was sports: I played volleyball, basketball and field hockey," she said. "That was my way of being the normal kid and not the sick kid."

Keats was eight when Terry Fox started his Marathon of Hope, but his journey has always been inspirational to her. She's been involved in the Terry Fox Run for the past 11 years.

"This is the first time we've had it in Point Pleasant for a while and we're really excited because it's such a beautiful location."
BARBARA FICKES, TERRY FOX RUN ORGANIZER

"Cancer has had a significant impact on my family so the Terry Fox Run, people coming together and fighting for a cure, that's incredible and it's nice to have this day," she said.

She gets examined every few years for signs of cancer, but Keats is healthy.

The annual event for Halifax was held in Point Pleasant Park yesterday — different scenery than the usual Halifax Common run.

Run organizer Barbara Fickes said there were more than 150 runners yesterday. After an aerobic-style warm up, the runners — many in corporate teams — took off on the trails behind the Shakespeare by the Sea pavilion.

Fall sends woman to hospital

A woman in her late 20s was taken to hospital in critical condition after police say she fell from a seventh-storey apartment in Halifax yesterday morning, police said.

Police were called to Stoneybrook Apartments near the Clayton Park Plaza around 3:30 a.m. Police don't know what led to the fall, but have ruled out foul play.

Paramedics took the woman to hospital suffering from multiple injuries. Her latest condition wasn't known. METRO HALIFAX

Igor will bring rain: Forecasts

Forecasters are warning those in eastern Nova Scotia and much of Newfoundland to brace for heavy rain today and tomorrow due to hurricane Igor.

Environment Canada says the massive storm isn't expected to make landfall in Atlantic Canada. However, the Canadian Hurricane Centre says Igor's rain bands are expected to interact with a trough of low pressure over Newfoundland.

THE CANADIAN PRESS

Beer store broken into

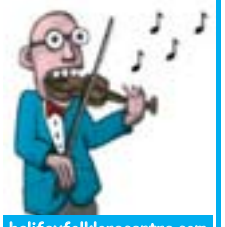
Two men are in court this morning in relation to a stolen car and a break-in at the Moosehead Cold Beer Store Saturday morning. The pair were arrested later on Trinity Avenue driving what police say was stolen vehicle. METRO HALIFAX

1 news

Correction

In an article on Slice's Saturday night lineup in the Sept. 17-19 edition of Metro, the TV network was incorrectly identified. Tori & Dean and the Real Housewives of New York, New Jersey and Washington, DC, air Saturday night on Slice.

METRO

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Report suggests tuition hike for N.S. universities

Premier Darrell Dexter said government would study report, declined to comment on any policy decisions

Students in Nova Scotia could be facing hikes in tuition fees if the provincial government adopts a key recommendation contained in a report released Friday on its university system.

The 188-page report, by economist and former Bank of Montreal executive Tim O'Neill, calls for expanded collaboration between the government and the province's 11 universities to address "significant challenges" caused by continued declining enrolment and government austerity measures.

"The primary 17-29 age cohort ... is shrinking more sharply in Nova Scotia than in many jurisdictions and this trend is expected to continue over the next 25 years," the report says.

Schools at risk

The report identifies six universities that it says are "at risk" because of financial challenges that could threaten their viability:

- Nova Scotia College of Art and Design
- Nova Scotia Agricultural College
- Atlantic School of Theology
- Mount Saint Vincent University
- Cape Breton University
- College Sainte-Anne

And as the government takes measures to balance the books by 2014, the report says a three-year tuition freeze implemented in 2008 cannot be maintained if government financial support for universities doesn't grow.

"That there will be some impact financially of the fiscal restraint seems almost inescapable," O'Neill told a news conference in Halifax. He recommended allowing tuition increases to offset any possible funding decreases and directing more money towards improving a student assistance program he said was "one of the weakest in the country." THE CANADIAN PRESS

Trial. Gallant



▶ Jason MacRae is escorted from a courtroom at Halifax provincial court in this file photo from last month.

RYAN TAPLIN/METRO HALIFAX

Murder case adjourned until next month

Jason MacRae didn't appear in a provincial courtroom on Friday as his case was held over until Oct. 15 when dates for a preliminary inquiry could be set. MacRae is charged with first-degree murder in the death of his wife, Paula Gallant.

Masonry overhaul to shut Dingle Tower

Memorial Tower, better known as Dingle Tower, will be closed to the public for the next several months as an overhaul of the masonry work on the HRM landmark begins today.

The $850,000 project at Sandford Fleming Park will see scaffolding erected around the tower, with the installation expected to take about two weeks.

A condition assessment of the Tower will then take place, with the masonry work to follow starting on Oct. 20.

HRM and the federal government are sharing the cost of the work.

METRO HALIFAX

On the horizon

A completion date is set for the end of February.

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RYAN TAPLIN/METRO HALIFAX



▶ Actor and director Jacob Tierney, left, interviews Martin Katz, president of Prospero Pictures, during the Atlantic Film Festival academy luncheon yesterday.

Big opening weekend for film fest: Official

Atlantic Film Festival seeing strong numbers at movies ◐ Opening Gala 'one of the best': AFF director



ALEX BOUTILIER
@METRONEWS.CA

Online

Visit atlanticfilm.ca for a full schedule of films at AFF. The festival runs through Saturday.

The Atlantic Film Festival enjoyed a "very strong" opening weekend, according to festival director Lia Rinaldo.

"Score: A Hockey Musical went over very, very well with the crowd. They got two standing ovations and a great Q&A," she said, adding the Atlantic and Telefilm Galas yesterday and Saturday had a similarly strong showing.

"It's been a great response to the films so far, and lots of people in the theatres."

The festival, now in its 30th year, opened with a gala on top of Citadel Hill Thursday night. Rinaldo said she thought the venue was a huge success, topping past parties held on a closed-off Argyle Street and the Halifax Metro Centre.

"The opening night party was probably the best party we've had," she said.

"(The Citadel) just made it a really beautiful night ... everybody was having a great time."

The festival continued yesterday, highlighted by an industry luncheon that brought together producers, directors and industry workers for a conversation with Martin Katz, the producer of Hotel Rwanda, David Cronenberg's Spider, and most recently, the Spectacle: Elvis Costello with...

BAY OF FUNDY

Life raft capsule recovered

Fishermen in the Bay of Fundy have recovered a life-raft capsule thought to belong to a scallop dragger reported missing last week with four men aboard

The RCMP in Digby say two fishing vessels picked up the capsule and a life ring on Saturday around 6 p.m.

Both pieces of emergency gear were marked with the letters RLJ, the name of the missing 13-metre boat.

The RCMP say the capsule appears to be intact, which means the life-raft is still inside.

RCMP say a tracking device later indicated the boat may have sank sometime between 4:46 p.m. and 5:46 p.m. on Sept 10. **THE CANADIAN PRESS**

Irving Schwartz dead at 81

One of Cape Breton's most recognizable entrepreneurs and humanitarians, Irving Schwartz, died Saturday. He was 81. The New Waterford native battled cancer and Parkinson's disease for the past two years. Schwartz's funeral will be held today in Membertou. **CAPE BRETON POST**



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IMMIGRATION

U.S. needs illegals: Powell

Former secretary of state Colin Powell says illegal immigrants do essential work in the U.S. and he has firsthand knowledge of that — because they fix his house.

Powell, a moderate Republican, urged his party yesterday to support immigration generally because it is "what's keeping this country's lifeblood moving forward."

In an interview with NBC's Meet the Press, he said a path to legal status should be offered to illegal immigrants in the U.S.

He added: "They're all over my house, doing things whenever I call for repairs, and I'm sure you've seen them at your house. We've got to find a way to bring these people out of the darkness and give them some kind of status."

THE ASSOCIATED PRESS

Miners still trapped on Chile 200th

The survival of 33 miners trapped underground and the government's unblinking effort to pull them out alive are giving Chileans reason to be proud as they celebrate their nation's bicentennial Saturday.

Chile is poised to enter the club of developed countries, with the kind of stable economic growth that Americans and Europeans once took for granted.

But the mine disaster is forcing Chileans to acknowledge aspects of their society long hidden from view. The miners' faces — displayed across the pages of Chile's leading newspapers — reflect lifetimes of scratching out livings in difficult conditions.

THE ASSOCIATED PRESS

$5M The Chilean government has refused to estimate the cost of the rescue effort, which now includes three huge drills working simultaneously to ensure the men are pulled out as quickly as possible, but the drilling alone will cost nearly $5 million.

Sweden election. Flowery tactics



▶ Sweden's Christian Democrat party Leader Goran Hagglund, left, presents flowers on election day in Stockholm.

PONTUS LUNDAHL/THE ASSOCIATED PRESS

Sweden vote signals shift to right

A far-right party entered the Swedish parliament for the first time in elections yesterday, spoiling the government's majority, preliminary results showed. Prime Minister Fredrik Reinfeldt was seeking to become the first centre-right leader to win re-election, but the Islam-bashing Sweden Democrats held the balance of power after winning 20 seats in the 349-seat legislature.

Science of controlling the message

Media encounter government communications policy at odds with practice Scientists say they're alarmed

Canada's scientific community is buzzing over newly tightened rules that further restrict government researchers from speaking with the media about their work.

Yet the No. 1 policy statement for government communications, according to Treasury Board, is to "provide the public with timely, accurate, clear, objective and complete information about its policies, programs, services and initiatives."

The directive is part of the "Communications policy of the Government of Canada," posted on the Treasury Board website.

The policy calls on public servants to speak "openly."

"Encourage public service managers and employees to communicate openly with the public about policies, programs, services and initiatives they are familiar with and for which they have responsibility," says the document.

"I don't know how anyone can make the argument that objectively society is better served by having filters through a minister's office."
JEFF HUTCHINGS, BIOLOGIST, DALHOUSIE UNIVERSITY

"Openness in government promotes accessibility and accountability. It enables informed public participation in the formulation of policy, ensures fairness in decision making and enables the public to assess performance."

Yet recent access-to-information documents obtained by PostMedia News reveal that all media inquiries to scientists working for Natural Resources Canada must now pass through a Byzantine thicket of "subject matter experts" and the minister's director of communications — "no exceptions."

As one bureaucrat warned in an internal email: "What may appear to be a simple request for facts may actually relate to policy or high-profile issues."

The email puts in print what journalists covering the Harper government deal with on a daily basis.

"It's a huge concern among professionals in the public service," said Gary Corbett, president of the Professional Institute of the Public Service of Canada.

"This goes to other questions about the value the government places on the advice of the professional public service — scientists who work on everything from climate change to emerging diseases to emerging pests."

THE CANADIAN PRESS

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NASA scientist to testify at Total oilsands hearing

Mine expected to produce 100,000 barrels of bitumen a day

One of NASA's top scientists will appear at hearings into a proposed oilsands project to warn about the climate change consequences of approving Total E&P Canada's $2-billion plan to build the Joslyn North mine.

James Hansen, head of the Goddard Institute for Space Studies, is slated to testify at public hearings into the proposal, which begin tomorrow in Fort McMurray, Alta.

Hansen, sometimes dubbed the godfather of climate change science and who has spoken out against the oilsands before, will appear for the Pembina Institute, an environmental think-tank that is intervening in the hearing. Total, which received regulatory approval this week for an upgrader to process the bitumen it hopes to mine, is planning to develop a 5,400-hectare site adjacent to the community of Fort McKay along the Athabasca River north of Fort McMurray.

While the company is involved with renewable energy projects, oilsands are an important part of the company's future, said spokeswoman Elizabeth Cordeau-Chatelain.

THE CANADIAN PRESS

"He's a star witness."

GODDARD INSTITUTE SPOKESMAN SIMON DYER, WHO SUGGESTED HANSEN MIGHT BE APPEARING AT THE END OF SEPTEMBER, ABOUT THE SAME TIME HOLLYWOOD DIRECTOR JAMES CAMERON IS SLATED TO MAKE HIS OWN HIGH-PROFILE TRIP TO THE CONTROVERSIAL DEVELOPMENTS.

BRENDAN HOFFMAN/GETTY IMAGES



▶ James Hansen, head of the Goddard Institute for Space Studies, is slated to testify at public hearings tomorrow in Fort McMurray, Alta.

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
12,164.56 (Friday)	96.96¢ US (Friday)	$73.66 US (Friday)	$4.024 (Friday)

Gold contracts $1,275.60 (Friday)

PRICES AS OF 4 P.M. FRIDAY

For more business stories and updates, visit metronews.ca/business.

Downturn becomes slump

Two years removed from what many feared would be the total collapse of the world economic and financial systems, Canadians may be forgiven for asking — "What was the big deal?"

The most severe global recession in six decades fizzled into a run-of-the mill slump in Canada lasting three quarters and costing just over 400,000 jobs, a mere 2.4 per cent of the labour force.

And as the second anniversary of "the Great Recession" approaches, superficially at least, Canada's economy appears to be just about where it started. The economy has recouped all of the jobs that vanished in late 2008 and 2009.

THE CANADIAN PRESS

Coke Zero becomes a hero

Young guys don't like diet soft drinks.

Almost 10 years ago, Coke executives set out to change that, and in 2005 they launched a brand that defied the odds: Coke Zero.

Coke Zero has not just grown, but notched 17 straight quarters of double-digit sales increases. It is now sold in 130 countries, including powerhouse markets such as Brazil and Mexico.

METRO





CTF SEEMS TO CHERRY-PICK ITS DATA

Urban Compass

STEPHEN KIMBER



The Canadian Taxpayers' Federation is right to raise alarms about the growing inequity between generous pensions paid politicians and the reality too many in the private sector have inadequate, or no pensions...

Uh, right ... That isn't exactly what the libertarian-when-it-suits-them CTF has its knickers in a knot about.

The CTF — which bills itself as a "not-for-profit citizen's group dedicated to lower taxes, less waste and accountable government" — opened its new Atlantic office last week with a splashy "study" claiming provincial taxpayers fork out $22 for every dollar MLAs contribute to their pension plans.

If that is true — the CTF is infamous for simplistic statistical jiggery-pokery — it is outrageous. Even if it isn't precisely true-true, it reflects a larger truth. Over the past few decades, our politicians have quietly created a cocooned world of privilege for themselves. The CTF has been foraging in this fertile swamp of government waste and inefficiency since 1990.

But making governments work better isn't the CTF's goal.

The CTF — which takes its ideological cues from American neo-cons — sees government as the enemy.

"The CTF — which takes its ideological cues from American neo-cons — sees government as the enemy."

Public spending on public services like education, health care, highways, social programs, industrial development? Bad. The CTF has never met a tax it thought couldn't be reduced or, better, eliminated.

Except ... the CTF is selectively libertarian. It campaigns against the "expensive" long-gun registry, for example, but seems untroubled by Ottawa's much more costly political-sop plan to build more prisons while actual crime rates decline.

The CTF made political hay with last winter's MLA expenses scandal, but barely acknowledged that the same provincial auditor general's report flagged an extra $52 million Nova Scotia taxpayers shelled out to private contractors for so-called P3 schools.

Though it claims to be nonpartisan, the CTF is a revolving door for right-wing Tory hacks. Jason Kenney was CTF's CEO before becoming a Tory MP. CTF's current national spokesperson was Reform Party leader Preston Manning's research director. Kevin Lacey, CTF's new Atlantic director, previously worked for both Stephen Harper and John Hamm (the latter, interestingly, during the time when MLA pensions got their gold plating).

So, while the CTF raises a valid issue, we should be wary of being invited to its tea party.

Cartoon

MICHAEL DE ADDER



No love for Lohan

Letters & Tweets

HALIFAX. Can you people not find any else to write about besides Lindsay Lohan? Every day I cringe at seeing her picture and another article. She's often on the front page!

I talk to friends about this and they are all in agreement: We are sick and tired of it!

Who gives a damn? We sure don't, and if this paper was not free, I would certainly not be paying for it. It's sad though that you waste time and space printing this crap.

Don't you get it? We are not interested! Why don't you take a poll of your readers? It is so annoying I just had to write you.

Please find something of value or interest to tell us about. Thanks.

RICHARD GALLANT

WHITBY. I am a firearms owner and I am against keeping the long-gun registry. Unlike registering my car — only necessary if I use it on public roads — I am considered a criminal for not registering my firearms, even though I may not take them out of my house.

Motor vehicles are far more deadly to our society than firearms have ever been.

I believe the LGR is nothing more than a tool to help governments in confiscation of private property.

PETER SEDGE

LiLo: Newsworthy?

TORSTAR NEWS SERVICE



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Metro Minute at the film festival

The 30th Atlantic Film Festival is in full swing and there is plenty to do and see this week as Halifax plays host to Atlantic Canada's biggest film spectacle.

Whether it's going to see one of the 100 films being screened, attending conference workshops or series, taking in the many musical acts in town for AFF, or soaking in all the partying that this 10-day festival can bring, staying entertained is a very easy thing to do. The festival kicked off last Thursday and runs through Saturday. Visit atlanticfilm.com for a complete list of the movies and show times for the event. There are are also bios on each of the movies being screened.

METRO HALIFAX

RYAN TAPLIN/METRO HALIFAX



▶ Port Hawkesbury's Allie MacDonald stars in Score: A Hockey Musical.

2 scene

R&B songstress Brandy battles nerves (and lost wardrobe dreams) before her debut on the 11th season of Dancing With the Stars ● Dancing partner Chmerkovskiy finds his groove with 31-year-old star

MATT SAYLES/THE ASSOCIATED PRESS



▶ Singer Brandy and her dancing partner, Maksim Chmerkovskiy, rehearse for Dancing With The Stars last week.

Brandy looking for fairy tale on dance floor

It's the night of the Dancing With the Stars premiere, 20 minutes until Brandy and her partner Maksim Chmerkovskiy dance live in front of millions, and the singer-actress can't find her performance costume.

Scrambling, she finally locates the dress, but now one of her dance shoes is missing. With time running out, she decides to perform barefoot, but she misses her cue and can't catch up for the duration of the dance.

Then she wakes up.

Brandy has spent several nights dreaming about Dancing With the Stars, and she confesses her anxious nocturnal sojourn during a rehearsal just days before the season premiere.

"A couple of nights before, I'd been dreaming about the mirrorball," she says, referring to the show's glittery trademark trophy.

"I know I'm not going to misplace my dress. I know I'm not going to misplace my shoes. I'm going to make all of my cues and I'm going to dance with everything I've got." BRANDY

"So that's good."

But with the 11th season about to begin, her nerves are rising.

"I have a hard time trusting the process and trusting the moment," she says.

Chmerkovskiy reassures her. A veteran of eight Dancing seasons, he says that if she makes a mistake, he's ready "with plans C, D and F to camouflage it, so you've got nothing to worry about."

The 31-year-old star is set to make her dancing debut tonight alongside her fellow celebrity contestants: Actors David Hasselhoff, Jennifer Grey, Florence Henderson and Kyle Massey; athletes Rick Fox and Kurt Warner; reality performers Audrina Patridge and Mike The Situation Sorrentino; singer Michael Bolton; comedian Margaret Cho; and political daughter Bristol Palin.

After two weeks of working together daily, Brandy and Chmerkovskiy's playful chemistry is clear. He purposely pokes at her sore muscles; she warns that he better not drop her during one of their tricky turns.

"That's like telling Michael Jordan you better make that basket," the pro dancer says.

But Brandy also needs to get over her Dancing jitters and get through the season premiere. Chmerkovskiy reassures her. "You, Cinderella, prepare for the fairy tale," he says. "It's going to be fantastic."

THE ASSOCIATED PRESS

Cinderella days

Brandy's appearance on the hit dance show represents a reunion with ABC, where she had her only other televised ballroom-dance experience in the network's updated version of Cinderella, in 1997. Brandy played the title character, and one of her scenes included a whirl around the ballroom.

THE ASSOCIATED PRESS

In brief



Starz network says Spartacus: Blood and Sand star Andy Whitfield is leaving the show to battle a recurrence of cancer. Production of the Spartacus series' second season was postponed this spring when Whitfield was diagnosed with non-Hodgkin lymphoma.

THE ASSOCIATED PRESS



Sacha Baron Cohen to play Freddie Mercury in Queen biopic



▶ Randy Quaid

Randy Quaid, wife accused of burglary

Actor Randy Quaid and his wife are facing burglary charges in California after the owner of the couple's old house reported they had been living there without permission.

A representative of the property owner called Santa Barbara County sheriff's deputies Saturday afternoon to report that squatters had been staying in the guest house illegally. When deputies arrived at the house that evening, they found Randy and Evi Quaid, who said they had owned the property since the 1990s.

The property owner's representative provided documents that showed his client had bought the home in 2007 from a man who had purchased it from the Quaids several years earlier. A contractor showed police more than $5,000 in damages to the guest house that he believed was caused by the Quaids.

Police arrested the Quaids on charges of felony residential burglary and entering a noncommercial building without consent, a misdemeanour. Police also charged Evi Quaid, 47, with resisting arrest.

Bail was set at $50,000 each.

Last September, the couple was charged with defrauding an innkeeper of more than $10,000 as well as conspiracy and burglary after an invalid credit card was used at San Ysidro Ranch in Montecito.

Senior Deputy District Attorney Arnie Tolks had said an invalid card also was used at The Biltmore, a luxury resort in Santa Barbara.

Felony charges were later dropped against Randy Quaid, 59.

THE ASSOCIATED PRESS

GETTY IMAGES



▶ Lindsay Lohan could face more jail time after she failed a recent drug test.

Lohan admits failed drug test

Lindsay Lohan has come clean about her drug addiction for the first time, taking to her Twitter account for a lengthy confession after news broke that she'd failed her first court-ordered drug test since leaving rehab early.

"Regrettably, I did in fact fail my most recent drug test and if I am asked, I am prepared to appear before Judge Fox next week as a result," she posted. "Substance abuse is a disease, which unfortunately doesn't go away over night… This was certainly a setback for me but I am taking responsibility for my actions and I'm prepared to face the consequences."

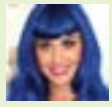
Lohan could face another 30 days in jail for violating her probation.

METRO

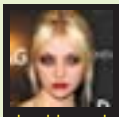
Celebrity tweets



Bill Maher [@billmaher] About to get my star on the walk of fame - this feels like the bar mitvah I never had - mostly cuz we were Catholic



Katy Perry [@katyperry] Signing up for a liver transplant now...



Taylor Momsen [@taylormomsen] Rob Zombie should remake the Exorcist



Steve Martin [@SteveMartinToGo] OMG. President Lincoln has been shot! Wait, whoa, my internet connection is SUH-LOW.



Lambert accused of assault

Former American Idol contestant Adam Lambert is accused of simple battery on a photographer in Miami Beach.

A police report says 38-year-old Victor Eras was taking pictures of the singer Thursday when Lambert started running toward him "in an aggressive manner."

Eras claims Lambert grabbed his back pack and wrestled him to the ground. The photographer did not suffer any injuries. He declined to comment to The Associated Press on Friday.

No arrests were made. A police spokesman says there will not be an investigation. The state attorney's office will review the report and decide if any charges will be filed. TMZ first reported the alleged attack.

Lambert's publicist did not immediately return a call seeking comment.

THE ASSOCIATED PRESS

GETTY IMAGES



▶ Adam Lambert



3 life

Bribes

Did you know...

Using gifts to motivate children to complete their homework does as much damage as it does good. While offering gifts may inspire a more enjoyable homework experience, according to a survey of more than 1,000 Canadian parents conducted by Ipsos-Reid, there are also some unexpected negative side-effects, such as children expecting a reward and rushing to complete their homework.

NEWS CANADA

Survival gardens: Backyard veggie plots can help families save cash. Scan code for news

HANDOUT



▶ Author Iain Reid had lived away from home for about a decade when a part-time radio gig lured him back to Ottawa. At the age of 27, he was moving back in with his parents, and adjusting to being a boomerang kid. He wrote a book about the experience, One Bird's Choice.

Leaving, and then returning to the nest

Humour and reflection: Iain Reid pens book about moving back in with his parents after being out on his own for almost a full decade

In his late 20s, Iain Reid headed back to his parents' empty nest as an underemployed and overeducated young adult still trying to find his way in the world.

After almost a decade on his own, including several years in the big city of Toronto, it was an adjustment for Reid to be a 27-year-old living on his parents' isolated hobby farm near Ottawa, where he had a summer radio gig reviewing books.

"Nothing had really changed," he said in an interview, musing about the early days of his arrival back home.

"My parents were a little different but nothing had changed. My room was identical to when I was in Grade 3. The posters were the exact same, so that certainly added to the feeling of sort of sadness when I first moved home."

"My room was identical to when I was in Grade 3."
IAIN REID ON RETURNING HOME

Reid has aptly captured the angst, humour and quirkiness of his year at home in a new book, One Bird's Choice .

He describes the old log house, setting up a study where he could write and helping with chores like tagging the sheep, gathering eggs and digging manure out of the barn.

Not to mention interactions with his parents, whether it's learning the trick to flushing the finicky toilet, teaching his mom how to use a computer or visiting the gym with his dad.

"The whole book obviously is poking fun at my parents a bit and poking fun at me a lot, but also it's a bit of an homage to them because I probably couldn't have done it without the support and letting me come back home."

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Boomerang kids

- Much has been said and written in recent years about the boomerang kids — young adults returning home — and those who don't move out, as portrayed in the movie Failure to Launch.



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Tasty adzuki beans jump into the mainstream

Get ready to spill the beans on adzuki.

Wait. You've never heard of adzuki beans? You will. Also known as azuki, aduki and Chinese red beans, these pint-sized packages of protein have been moving from the shelves of ethnic markets to big chains. They're even showing up in snack foods and ice cream.

"They're becoming a lot more mainstream," says Wendy Esko, marketing assistant in charge of product development and research at Eden Foods, which sells the beans under the name aduki. "In fact, out of the 33 kinds of canned beans that Eden offers, aduki beans rank No. 7."

And at Whole Foods, more than 8,000 kilograms of adzuki beans were sold last year just in California, according to Patrick Wyman, grocery co-ordinator for the chain's Northern California region.

Vibrantly coloured and sweet, adzuki are commonly used in desserts in Asian cooking. But in North America they often are put to savoury use, mixed into salads, cooked with rice and dropped into soups. Like other beans, adzuki are a good source of protein. Unlike many other dried legumes, they don't have to be soaked before cooking.

And now they've even made their way into snack foods. Boulder Canyon Natural Foods sells several varieties of chips made from rice and adzuki beans, including chipotle cheese flavoured and sun-dried tomato and basil.

The beans also are showing up in American gelato. Even Food Network's Emeril Lagasse and Robert Irvine have done recipes using them.

THE ASSOCIATED PRESS

Adzuki bean salad



Ingredients :

- 15 ml apple cider vinegar
- 30 ml lemon juice
- 30 ml extra-virgin olive oil
- 3 cloves garlic, minced
- 1 shallot, finely diced
- 2 ml salt
- 1 ml ground black pepper
- 1 ml cumin
- 455-ml can adzuki beans, drained
- 2 medium tomatoes, seeded and diced
- 250 ml chopped fresh parsley, lightly packed

Preparation:

1. In a large bowl, whisk together the cider vinegar, lemon juice, olive oil, garlic, shallot, salt, pepper and cumin.
2. Add the beans and tomatoes, then stir well to coat.
3. Add the parsley and toss well. Adjust seasonings as desired.

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Sustainable seafood

Fish is tasty and nutritious But many world fish stocks are exploited How do we protect our oceans?

The United Nations' Food and Agriculture Organization reports that more than 70 per cent of the world's fish stocks are fully fished, overfished or exploited.

Our oceans are facing an unprecedented crisis. This has caused many Canadian grocers to think differently about the sources of the seafood they sell, prompting the development of sustainable seafood policies to help protect our oceans.

What does this mean for you? If you were asked to define what sustainable seafood means, could you do it?

According to Canadian Grocer, Loblaw Companies Limited, seafood sustainability means that the type of seafood caught can maintain or increase its population in the future without harming the ecosystems from which they come.

But sustainability is not just the number of available fish, it's also about changing the way we farm and catch fish. Certain fishing and farming methods have a negative impact on our oceans by damaging the marine environment.

It is important that better methods are put into place and sustainable seafood practices are embraced. Knowing the origin of the seafood you're eating is important. The same species of fish can come from different bodies of water, each with its own fishery systems that may not be sustainable.

Education is key. Read the package, read the labels and ask questions. Look for products carrying the Marine Stewardship Council (MSC) ecolabel, as it indicates the product is sustainably sourced.

MSC is an international non-profit organization that developed the world's leading environmental standard for independent, third-party scientific certification of sustainable and well-managed wild-capture fisheries.



▶ Do you know where fish you eat comes from?

The more informed you are, the better equipped you'll be to make good decisions. Beyond the obvious fresh and frozen counters, seafood is also a secondary ingredient in products such as fish oils in vitamins and Omega 3 in juice, eggs, and dairy.

NEWS CANADA

5 worst forest foods

Has it ever crossed your mind that those cookie crumbs in your lap could be related to the wiping out of the world's rainforests?

1

Beef

The clearing of rainforests to create grassland for cattle to graze on is of huge concern. This will then lead to the degradation of soil and the pollution of rivers nearby. Was that juicy beef burger really worth it?

2

Palm oil

Rainforests, most across Asia, are being cleared for palm oil plantations, as this productive oil seed has become the number one wold food crop. It is a common substitute for partially hydrogenated oils and can be found in cookies to cereal or bread.

3

Rice

The forests of Asia are being destroyed in order to make room for rice fields, "paddies." Not only is this contributing to the loss of precious land and loss of habitat for many local species, rice fields emit the largest amounts of methane gas, between 50 and 100 million tons a year.

4

Corn

Following the U.S. subsidies tagged to corn for the production of ethanol, production has soared, especially in the Amazon rainforest.

5

Soy

More and more people are choosing to consume less meat, a decision that has led to an increase in demand for soy, the main ingredient used in making tofu (a staple of the vegetarian diet). Soy covers some 11 million hectares of forest across South America.

METRO



Feeling overworked?

Work is not a marathon To be creative, you need time to rest and recover Live like you want by balancing your life and work

Hard as it is to put the work-a-holic down, sometimes the best move you can make for your day job is to ditch it and play.

"We have a notion in our country that work is like a marathon, you just do more and more and more," offers Feeling Overworked author Ellen Galinsky. "That's out of sync with how our bodies operate. To be creative, we need time for rest and recovery."

Those rest and relaxation pit stops during the daily rat race can replenish more than your inner artist: It can let you live longer, sleep sounder, age with elegance, and churn out office accomplishments that will draw the envy of your over-toiled job mates.

"If businesses operated on how people actually function, we would be more efficient," Galinsky claims. She drums up a dreadful statistic concerning the 27 per cent of Americans whose job-related sleep troubles are sabotaging their jobs. Another 31 perc ent are debilitated by stress, she laments — and that was before the recession.



▶ Feeling overworked and underjoyed? It's time to make some time for yourself.

When you're that stretched thin, stretch your legs, recommends Maggie Mistal, host of Sirius Radio's Making a Living.

"Taking occasional walks can make a huge difference," she notes. "The longer you sit at your desk the more you're at risk for health problems."

To get the most return from your workdays, ensure you're getting the most from your days away. Career mentor Cindy Pladziewicz says that means discovering some after-hours joy time, spent on pastimes pleasant enough to let you forget where you abandoned your iPhone.

"Find something that will engage you," she suggests. "It could be a sport, time in nature, music, something laid back, but the key is that you take a break."

The irony, Galinsky notes, is that those who invest the most of ourselves in our careers spend the scantest time reflecting on what it is we're chasing.

"If it often takes having an illness before people start living the way they want to," she observes. "We shouldn't have to make that responsible for living the way we want to live." METRO

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Learn to let go

Parents need to step back as kids make the transition to middle school



▶ While middle-schoolers can push parents away, at other times, parents need to resist the impulse to rescue them.

Transitioning to middle school is hard. Kids go from being big shots in an elementary school where they knew everyone, to being pip-squeaks in a school where they don't know anyone. They have six teachers instead of one, a new locker combination, and nobody to sit with at lunchtime.

"It's such a traumatic time, even for a well-adjusted elementary school student," said Dr. Joyce Stalwart, senior associate dean in The University of Alabama's College of Education. "They are coping with everything from changing classes to physical changes and hormones to increased academic expectations."

"It's a whole other world," said Lisa Merkin of Pinecrest, Fla., a mother of five with two children in middle school. "In fifth grade, they're still kind of coddled. But in middle school, if you don't have your homework, the teacher is not going to make a big deal of it. You're just going to get a zero."

There are also organizational challenges: "They need a binder for this and a binder for that. They have four minutes to get to their next class," Merkin said. And then there's the social aspect. In elementary school, they had friends going back to kindergarten. In middle school, Merkin said, "when they walk in the cafeteria, are they sitting by themselves?"

Complicating all of this is a change in the parent's role as kids "go from being babies to being teenagers. I remember wanting to be dropped off in the middle of the street so my mom couldn't kiss me goodbye!" Merkin recalled.

But while middle-schoolers sometimes push parents away, at other times, parents need to resist the impulse to step in and rescue them.

Rather than nagging a kid to do the work, arguing about it or intervening with teachers, the start of middle school is a good time to let students experience the real-world consequences of their choices — even if, at first, that means disappointment or failure.

"The only way we learn is through making mistakes, taking risks, trying things and experiencing the consequences," said Leif Gustavson, professor of education at Arcadia University in Glenside, Pa.,

Stallworth agreed: "Try not to solve those problems. Instead, listen to them and encourage and empower them to get through it."

I learned the wisdom of those words from my own children. Soon after my younger son started middle school, he came home one day utterly dejected, saying that he had no friends. Ever the helpful mom, I proposed having a pizza party and inviting all the kids in his homeroom as a way to make friends.

Fortunately my wise older son, already in high school, warned me to stay out of it and let his little brother make his own friends. He was right. Needless to say, within a few weeks, my younger son had more friends than he'd had in elementary school. Staying out of it was definitely the best thing I could have done. THE ASSOCIATED PRESS

When in doubt, talk it out

It can also be helpful to talk things out with kids when they're facing challenges, whether academic or social. But rather than offering solutions, parents should ask questions.

"Approach any situation with an open-ended question instead of a directive: 'So what do you think you should do about that?'" said Leif Gustavson, who is also executive director of an after-school writing program for teens called Qui Vive!

And make sure kids understand that the school is there to help them. Encourage them to talk to teachers if they're doing poorly in a subject. Perhaps there is tutoring available, or extra credit work. If they're having difficulty making friends, perhaps there are clubs, teams or other activities where they can meet kids outside of class. Many of my son's new friends came from drama and sports. THE ASSOCIATED PRESS

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Huskies have 'work to do'

- Questions raised after loss to Laval drops Huskies' record to 0-2
- Micah Brown earns another start at QB for offensively challenged club

DARRELL OAKE/FOR METRO HALIFAX



▶ Saint Mary's Huskies defensive back Mark Holden walks off the field as the Laval Rouge et Or celebrate a touchdown on Saturday at Huskies Stadium. Laval demolished Saint Mary's 45-7.



MATTHEW WUEST
@METRONEWS.CA

Micah Brown didn't solve the Saint Mary's Huskies' offensive woes on Saturday afternoon, but did do enough to earn another start.

The journeyman quarterback from Tampa, Fla., took over for benched Jack Creighton and was one of the few bright spots, relatively speaking, in a 45-7 drubbing at the hands of the nationally top-ranked Laval Rouge et Or before a crowd of 4,342 at Huskies Stadium.

"Unfortunately we have bigger problems we need to deal with on offence (than at quarterback)," said Huskies head coach Steve Sumarah, adding Brown will start this coming week against the Mount Allison Mounties.

2

In the past 15 years, the Huskies have started the season 0-2 just twice. They started 0-3 in 2006, the last time they didn't win the conference title.

"In a game where pretty much everyone else struggled, he stepped up and made a few plays and kept some plays alive for us."

Brown was the only player capable of moving the ball on the ground against the stout Rouge et Or, scrambling for 77 yards on 10 attempts.

The rest of the Huskies combined for a loss of 11 yards.

He also threw for 163 yards and led a 70-yard drive for the only touchdown of the season with about three minutes left.

But perhaps the Huskies' biggest problem continues to be unfortunate drops from the receiving corps, which have become too many to count in the club's 0-2 start.

"That's not gonna be an issue, they're fine," said Brown of his receivers.

"I still have all the confidence in the world in those guys. I know they'll make those plays any other day. We just weren't in sync and didn't make it happen."

It was the first time Saint Mary's had faced Laval — winners of four of the past seven Vanier Cups — since 2007.

"We wanted to see where we stood, and now we know we have some work to do and we're gonna do it," said Huskies defensive lineman Ryan King.

Familiar finals for NSSBL

The Halifax Pelham Canadians have advanced to the Nova Scotia Senior Baseball League final against defending champion Dartmouth Moosehead Dry. The Canadians swept a doubleheader against the Sydney Sooners on Saturday at Mainland Common with 10-0 and 10-8 victories to win the best-of-five semifinal 3-1.

The best-of-seven final, which is a rematch of last year's championship series, opens on Thursday at 7:30 p.m. at Beazley Field.

METRO HALIFAX

Sports in brief

Hockey team nets two wins

SMU. The defending national men's hockey champion Saint Mary's Huskies opened the Atlantic University Sport pre-season with a pair of wins on the weekend.

The Huskies doubled the Dalhousie Tigers 4-2 on Saturday and blanked the St. Francis Xavier X-Men 3-0 yesterday.

SMU soccer squad sits 1st

SOCCER. The Saint Mary's Huskies won two more games on a weekend road trip and now sit first in Atlantic University Sport men's soccer with a 4-0 record.

The Huskies beat Mount Allison 5-1 yesterday and P.E.I. 3-0 on Saturday.

Marauders stay perfect

HOCKEY. The Metro Marauders are atop the Maritime Junior Hockey League standings with a 5-0 start following Friday's 4-1 win over the Dieppe Commandos.

METRO HALIFAX

Andrews proves his worth to Herd

Brent Andrews used a weekend road trip to deliver on the promise that made him a first-round pick.

The 17-year-old centre scored five times as the Halifax Mooseheads split a pair of games in New Brunswick, blasting the Bathurst Titan 9-3 on Friday for their first win of the season and losing 5-2 to the Saint John Sea Dogs on Saturday.

Andrews, who was taken 15th overall in 2009, exploded for four goals in Friday's win in the first multi-point game of his career. He had seven goals all season as a rookie in 2009-10.

"It was really important for him and it was really important for our team," said Mooseheads head coach and general manager Cam Russell.

"He's the type of player who can play an all-around game ... but it's nice to see the goals start to go in for him too because that's part of what he has to bring for us to have success."

Anthony Terenzio started both games, the first of his QMJHL career, and stopped 45 of 53 shots.

Blueliner Konrad Abeltshauser returned to the team on Saturday after being away at NHL training camp with the San Jose Sharks.

MATTHEW WUEST

METRO FILE



▶ Brent Andrews

4 sports

Sports news

Wayne Smith
The Timberlea native finished 14th and earned $1,800 at the Komatsu 300 NASCAR Canadian Tire Series auto race at Riverside Speedway near Antigonish on Saturday. Smith, making his tour debut, didn't finish because of overheating.





Peter Delmas
The Halifax Mooseheads goaltender earned an invite to the Montreal Canadiens main training camp following a good rookie camp last week. He stopped 17 of 18 shots in intrasquad play on Saturday.

Scan code for sports

Moss joins elite group

New England wide receiver Randy Moss became the fourth player in NFL history to reach 150 career touchdowns with a jaw-dropping, one-handed 34-yard catch in the Patriots' 28-14 loss to the New York Jets yesterday..

After a 46-yard completion to Aaron Hernandez on third-and-10, Tom Brady found Moss, who reached up, snagged the pass over his shoulder with his right hand — with Darrelle Revis trailing him — for a touchdown with 53 seconds left in the half. His left hand never touched the ball.

"I saw him flashing down the middle, so I gave him a chance," Brady said. "He made a great catch."

THE ASSOCIATE PRESS

Around the NFL

Scores from yesterday's games.

- Atlanta 41 Arizona 7
 Chicago 27 Dallas 20
 Cincinnati 15 Baltimore 10
 Denver 31 Seattle 14
 Green Bay 34 Buffalo 7
 Houston 30 Washington 27 (OT)
 Kansas City 16 Cleveland 14
 Miami 14 Minnesota 10
 N.Y. Jets 28 New England 14
 Oakland 16 St. Louis 14
 Philadelphia 35 Detroit 32
 Pittsburgh 19 Tennessee 11
 San Diego 38 Jacksonville 13
 Tampa Bay 20 Carolina 7
 N.Y. Giants at Indianapolis
- **Today's game**
 New Orleans at San Francisco, 9:30 p.m.



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Rough day for Favre as Vikings fall to 0-2

DOLPHINS	VIKINGS
14	10

When Brett Favre made the decision, finally, to return for a 20th NFL season, he made it clear from the start that duplicating last year's magic with the Minnesota Vikings wasn't going to be easy.

Then again, he didn't think it was going to be this hard.

Favre was intercepted three times and the Miami Dolphins defence stopped Adrian Peterson on fourth-and-goal from the 1 to preserve a 14-10 victory over the Vikings yesterday.

After throwing two interceptions at the Metrodome all of last season, Favre accounted for four turnovers in the 2010 home opener, with the other a fumble on a sack by Cameron Wake in the end zone that Dolphins linebacker Koa Misi recovered to give Miami a 14-0 lead in the third quarter.

"It's just hard to repeat those type of numbers and statistics and it's hard to repeat wins," Favre said of 2009, when the Vikings went 9-0 at home and he threw 33 touchdowns and seven interceptions to lead them to the NFC title game.

The offence had trouble clicking at the start of last season too, but games against pushovers Cleveland and Detroit helped the Vikings start 2-0.

This year, with openers against the New Orleans Saints and Dolphins, and with star receiver Sidney Rice out with a hip injury and several other key players missing big chunks of time in the pre-season with ailments, the Vikings have dug themselves quite a hole with sloppy performances on offence.

"It was more what we didn't do than what they did, but I give those guys credit," Favre said.

The 40-year-old Favre had his worst day as a Viking with a 44.3 quarterback rating. Two of his interceptions came at the Miami goal line. One came on a tipped ball and another on what appeared to be miscommunication with Bernard Berrian.

But the end result is the same — the Vikings are 0-2, with a game against the Detroit Lions before a daunting post-bye schedule awaits.

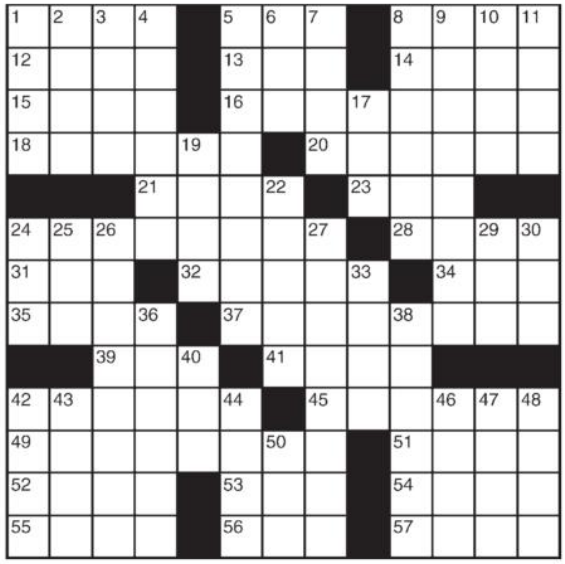
"I don't think any of these guys are panicked," coach Brad Childress said.

"But I do feel like the urgency will definitely pick up."

THE ASSOCIATED PRESS



Crossword



Across

1 Ochocinco of the NFL
5 Half a score
8 Slam-dance
12 Tax
13 "— Little Teapot"
14 Busy with
15 Ugandan despot
16 One of the Caesars
18 Render weaponless
20 Broken-bone support
21 Tsp. or tbsp.
23 [With errors unchanged]
24 Monarch with limitless power
28 Pinches
31 Eisenhower
32 Forest trees
34 Rd.
35 Reps.' rivals
37 Group of spectators
39 Energy
41 "Grease" actress Conn
42 Showed off the muscles
45 Country
49 Viennese, for instance
51 Base runner's goal
52 Assess
53 Needle hole
54 Rams' mates
55 Has to
56 Aachen article
57 Carry on

Down

1 Dressed (in)
2 Half (Pref.)
3 Bird, to Brutus
4 Forceful person
5 Jamaican coffee liqueur
6 Ostrich's cousin
7 Complains constantly
8 Curtain fabric
9 One with a lot of contacts?
10 Dazzle
11 Emcee
17 Boom times
19 LP's and CD's (Abbr.)
22 Health (Sp.)
24 Help
25 43-Down musicmaker
26 Storms
27 Swanson product
29 Insulation material, for short
30 Witness
33 Verdi opera
36 Two trios
38 This or that, it doesn't matter which
40 Apiece
42 MacDonald's place
43 Waikiki wingding
44 Conked out
46 "The Music Man" setting
47 Portent
48 Bird's home
50 Nay opposer

▶ Yesterday's answer



Sudoku

		9				6		
	5	2	3		6	1	9	
4	1						7	3
			9	8	2			
				7				
			1	6	5			
9	6						1	7
	3	8	5		7	2	4	
		7				3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	6	7	2	5	1	9	3	8
8	5	1	9	7	3	6	4	2
9	3	2	6	4	8	5	1	7
6	7	9	8	2	4	3	5	1
2	1	4	5	3	7	8	6	9
5	8	3	1	6	9	7	2	4
3	9	5	7	1	2	4	8	6
1	4	8	3	9	6	2	7	5
7	2	6	4	8	5	1	9	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Buntsy, You made me the happiest girl in the world, defined my life and I'd be incomplete without you. We started out under the stars and look how far we've come, happy one year babe! I love you so much! **YOUR ONE AND ONLY, BILLSY**

Snugglemuffin, you are the Justin to my Bieber. You are my little sassy cutie pie. You mean everything to me. Please stay with me forever.. and ever. **LOVE, GUBE.**

Ryan, through the year that we've been together, I love you more each day. You always have a way to make me smile, and you make me truly happy. I cannot picture my life without you, you will always be special to me. I love you so much boo. xo **LOLGA**

Nick G.....you are the biggest sweetie. Can't wait to see you again. xoxo **PATTI DU JOUR**

Today 19°/8° Cloudy
Tuesday 16°/11° Sunny
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 No matter what happens over the next few days you must not let anything get to you emotionally. Not that anything drastic is likely to happen but expect some interesting challenges.

♉ Taurus April 21-May 21 Make a conscious effort to control your response. Don't react to provocation. The main danger now is that if you go too far you will make enemies of people who should have been friends.

♊ Gemini May 22-June 21 It's good to be assertive but not so good to be aggressive, so watch how you act today. More importantly, watch how you react to people who seem slow or stupid.

♋ Cancer June 22-July 22 You may get tempted to act in ways that not only run contrary to your beliefs but also to what is in your best interests. Imagine the powers that be are watching you every moment — and act accordingly.

♌ Leo July 23-Aug.23 You won't be able to come and go as you please today, and your options are likely to be limited until Thursday. After that though you can do as you please.

♍ Virgo Aug. 24- Sept. 22 Cosmic activity in and around the money area of your chart makes this a good time to improve your cash flow situation. However, you must not do anything rash. Your plans must be sensible.

♎ Libra Sept. 23-Oct. 23 You need to get tough with someone who is trying to play on your emotions — and, by the look of things, succeeding quite well. Don't waste time being subtle.

♏ Scorpio Oct. 24-Nov. 22 No one expects you to be good at everything so why expect it of yourself? If you pretend to know what you are doing today you will regret it.Ask for assistance and you'll get it.

♐ Sagittarius Nov. 23-Dec. 21 Fate seems to be smiling on you at the moment and it will smile even more on the 23rd. However, don't take too much for granted and don't push your luck too far today. Smiles can fade.

♑ Capricorn Dec. 22-Jan. 20 What happens over the next few days will do wonders for your reputation, so long as you know what it is that you want and so long as you are ready to seize the opportunity when it arrives.

♒ Aquarius Jan. 21-Feb. 18 Even if you say something outrageous today you will most likely get away with it, but only in the short-term. Make sure you think before you speak.

♓ Pisces Feb. 19-March 20 Issues to do with your wealth will figure prominently this week, but whether that is a good or a bad thing depends on the decisions you make today and tomorrow.

SALLY BROMPTON

Caption contest

CHRIS O'MEARA/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MATTHIAS SCHRADER/THE ASSOCIATED PRESS



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